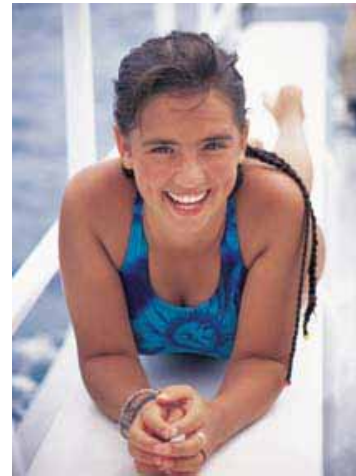


Fort Detrick Swimming Pool Information, Rules & Guidelines



U.S. Army Garrison, Fort Detrick, MD

Fall 2005 / Volume 1, Issue 1

*Achieving the Transformation Goals of Today for
Success of the Objective Force in the Future*

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Contact Information

Your comments are valuable in helping us to achieve the best possible swimming experience for Fort Detrick soldiers, family members and staff.

We encourage patrons to immediately contact MWR staff or facility managers with concerns or complaints for swift resolution or contact the following staffs for to obtain information or regulatory requirements.

USAG Fort Detrick MWR Staff:

Mr. Bud Krull, Sports Director	301-619-2564
Mr. Terry Baker, Chief, Community Operations and Recreation	301-619-2951
Mr. Ralph Santaliz, MWR Director	301-619-2711

USAG Fort Detrick Safety Office 301-619-

USAMEDDAC / Barquist Army Health Clinic 301-619-

USAMEDDAC / Environmental Health Office 301-619-7471

For medical emergency dial 911 on a telephone.

Pool Parties

Pools can be made available for pool parties for a fee. A non-refundable deposit of \$100.00 is required for all pool facility reservation paid at the time of making the reservation. Fees are to be paid in full not later than 72-hours before the event or the reservation and deposit will be sacrificed. Food and beverages may not be consumed in pool areas. Sponsors are responsible for returning areas to their original condition by picking up all litter, trash, and emptying trash cans. Sponsors are responsible to supervise their guests to ensure their good behavior at all times.

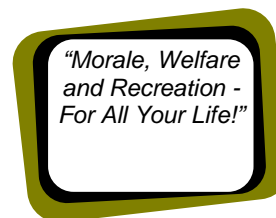
Pool Closures

The following events will result in closure or reduced operations:

- **Electrical Storms:** Pools will be closed upon first sound of thunder and/or notification of approaching storm by National Weather Center or Fort Detrick Operations
- **Severe Weather:** Pools may be closed, or limited to fitness swimming only, if weather conditions limit access by emergency responders (e.g., heavy snow, ice)
- **Contamination:** Any pool area contaminated by blood, vomit, or fecal matter will be closed immediately. Swimming pool closures will range from 2 to 24 hours, depending on the extent and type of contamination. Outdoor pool areas not affected by the contamination will remain open.
- **Reduced Lifeguard Staff:** To ensure swimmer and staff safety and well-being, pools may be temporarily closed at pre-determined intervals to allow lifeguards to check pool chemistry, take required breaks, or perform other duties that would otherwise distract or remove them from their station.
- **Accident/Incident:** Pool areas will be closed in the event of any serious accident or incident requiring response from emergency response personnel. The pool will re-open only upon authorization by Fort Detrick Safety or Emergency Response staff.
- **Pool Chemistry:** Any pool or the spray park may be closed if routine tests indicate chlorine, pH, or water temperature is too high or too low or if water is cloudy. The pool will re-open once pool water is stabilized.

Welcome

Morale, Welfare, and Recreation – It's a great organization and its here to serve you now. See us first for your recreation and fitness needs and you will find Fort Detrick has what it takes to help keep you fit.



Be sure to visit our Fitness Center. It's a premier sports and fitness facility that offers convenient operating hours, a variety of interesting aerobic exercise programs, an audio-theater system to entertain your while your work out, and a full compliment of Nautilus strength building equipment.

Basketball and racquetball are available too as well as on-site advice from an exceptional group of fitness professionals.

We are very proud to introduce the opening of Fort Detrick's newest fitness attraction – an indoor swimming pool. It is a 25-meter swimming facility located in the Fitness Center. It is primarily a training and exercise pool to help keep our military members fit, proficient, and ready for duty. It is also a recreational swimming pool when not in used for military training. It has a maximum water depth of 12-feet. Shallow water depth begins at 3 ½ -feet and ends at 5-feet with a rapid decent after 5-feet to 12 feet water depth. Consequently, non-swimmers and small children should remain in the shallow end of the pool. Parents and guardians of children are required to be in the pool near their children.

All lifeguards and swimming instructors working in pool operations are American Red Cross certified. Lifeguards enforce swim rules and keep pool operations safe and must be on duty before swimming is permitted in the pools.

Locations & Operating Hours – Indoor Pool

This new pool, completed in 2005, was built to provide the Fort Detrick community a year-round training facility. The pool is located in building 1507 is the Captain Jennifer J. Shafer Odom Fitness Center. Entering Fort Detrick from the 7th Street Main Gate turn right and travel down Porter Street to the very first large brick building on your right. Pool use is restricted to authorized patrons only.

Hours of Operation:

Monday – Friday	0600 - 1000
	1130 - 1300
	1500 - 2000
Saturday – Sunday	0900 - 1300
	1400 - 1600

- Weekend hours apply to Federal holidays
- Closed on New Years Day, Thanksgiving Day, Christmas Day, and the Federal holiday in conjunction with these days.
- Closures for special events such as Armed Forces Day or Soldier Show, will be announced ahead of time.
- Operating hours are subject to change once usage rates are evaluated every 60 - 90 days.

Six “PLEAs” for Healthy Swimming

Protection Against Recreational Water Illnesses (RWIs)

YOU CAN CHOOSE TO SWIM HEALTHY! Healthy Swimming behaviors are needed to protect you and your kids from RWIS and will stop germs from getting in the pool in the first place. Here are six “PLEAs” that promote healthy swimming.

Three “PLEAs” For All Swimmers

Practice these three “PLEAs” to stop germs from causing illness at the pool.

PLEASE don’t swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

PLEASE don’t swallow the pool water. In fact, avoid getting water your mouth.

PLEASE practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Three “PLEAs” For Parents of Young Kids

Follow these three “PLEAs” to keep germs out of the pool:

PLEASE take your kids on bathroom breaks or change diapers often. Waiting to hear “I have to go” may mean that it’s too late.

PLEASE change diapers in a bathroom or other area on an appropriate surface – never at poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

PLEASE wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that end up in the pool.

Source: Centers for Disease Control

Use of Diapers / Incontinent Pads

No diapered-aged child or other incontinent individual, will be allowed in the pools, spray park, or wading pool without special swimsuit diaper or garment. Otherwise, snug plastic pants or other protective garments specifically designed for swimmers must be used. Wear of regular diapers or incontinent pads alone in any pool is prohibited.

Wearing of this apparel is to prevent having to close the pool due to an accidental bowel movement resulting in fecal contamination of the pool. Regular diapers or incontinent pads are ineffective alone and may be a danger as they become saturated and heavy with pool water. Regular diapers and pads may also fall apart while swimming which could affect operation of pool skimmers and pumps and/or create difficulties when attempting to remove pieces of diaper/pad material out of the pool.

Fort Detrick MWR staffs are committed to providing a safe and healthy environment to all our patrons and guests who enjoy the Fort Detrick Swimming Pool. In addition to that commitment is our intent to comply with Army, Federal, and State of Maryland mandated requirements regarding actions that must be taken when fecal incidents occur in the pool. In short, the response to some incidents may require closing the pool for 16 hours or longer to ensure an appropriate level of disinfectant is allowed to circulate throughout the pool for the required time.

It is also our responsibility to ensure no one member adversely affects the recreational privileges of our patrons, therefore, it is our policy that any member, sponsor, or guest who repeatedly ignores these policies and/or causes repeated pool closures, may be temporarily or permanently barred from all Installation pools.

- Locations & Operating Hours – Outdoor Pool

Fort Detrick has a large outdoor swimming pool complete with wading pool and spray park. Enjoy a day of sunshine and water activities by yourself or with the family. There is even volleyball courts and a snack wagon nearby for your enjoyment.

The outdoor pool is located behind the Fort Detrick Headquarters building, at 839 Sultan Street, Fort Detrick, Maryland...

Months/Hours of Operation:

Opens Memorial Day Weekend
Closes after the Labor Day Holiday

Operating Hours to be announced.

Monday – Sunday: 1100 – 2000 hours

- Closures for special events such as Armed Forces Day or Soldier Show, and pool parties will be announced in advance.

Membership Fees (Indoor Pool – Effective 1 Oct 05):

Access to Fort Detrick Fitness Facilities is provided to Active Duty military members free of charge

CATEGORY	INDIVIDUAL	FAMILY
	Month / Annual	Month / Annual
Military Family Members & Retirees in Grades E1-E4	\$40.00/\$80.00	\$50.00/\$100.00
DOD Civilians in Grades GS1-GS6 & family members	\$40.00/\$80.00	\$50.00 /\$100.00
Military Family Members & Retirees in Grades E5-E6	\$50.00/\$100.00	\$60.00/\$120.00
DOD Civilians in Grades GS7-11 & family members	\$50.00/\$100.00	\$60.00/\$120.00
Military Family Members & Retirees in Grades E7-E9 & O1-O3	\$60.00/\$120.00	\$70.00/\$140.00
Military Family Members & Retirees in Grades O4 & above	\$75.00/\$150.00	\$85.00/\$170.00
DOD Civilians (GS12 & above) & all others*	\$100.00/\$200.00	\$110.00/\$220.00

*All Others: Authorized Non-DOD Civilians Working on Fort Detrick & their Family members, including employees from the National Institutes of Health (NIH) Frederick, National Cancer Institute (NCI), U.S. Department of Agriculture (USDA), and contractors assigned to these agencies.

Daily Admission: \$4.00 (Guests must be accompanied by their sponsor)

Children under (3) years of age: Free

Indoor swimming pool passes may be obtained at the CPT Jennifer J. Shafer Odom Fitness Center, Building 1507, Monday through Friday, 0900-1600.

- Swimming is not permitted in the diving board area of the pool except when authorized by the lifeguard.
- Flotation devices (noodles, floats, inner tubes, etc.) are not allowed in the pool. Children using water wings, life jackets or other types of flotation devices must check with the lifeguard before entering the pool. These aids are for children under the age of 8 years old who cannot swim and must be clean and in good repair. The parent or guardian must be in the water within an arm's length of the child wearing the flotation device. Children wearing flotation devices must stay in the shallow end of the swimming pool.
- Flotation devices for use during lap swims and classes an team practices (e.g., pull buoys, paddles, kick boards) must be approved by the pool staff prior to use in the pool. Equipment must be clean and in good repair.
- Persons wearing protective coverings (such as casts, splints, and wraps) may not use the swimming pool.
- Sponsors are responsible for the conduct of their family members and guests and will be required to remove them from the swimming pool area if their behavior is disruptive to others.
- No cartwheels, handstands, or other stunts are allowed off the diving boards or the sides of pool.
- Underwater breathing apparatus (snorkels, scuba gear, etc.) are only allowed in the swimming pool when participating in class instruction.
- Lanes in use for scheduled lap swimming or swimming instruction may be closed off to general swimming.
- Lifeguards may dismiss patrons from the swimming pool for irresponsible actions or poor behavior.
- Swimmers having a medical history of fainting, seizures, or losing consciousness are to inform the lifeguard on duty of the condition prior to entering the pool.
- Swimmers intending to do breathing exercise (setting or remaining still underwater in the pool) are to inform the lifeguard on duty of this prior to entering the pool.
- All individuals wishing to use the deep end of the pool must pass the lifeguard's swim test.
- The swim test consists of a patron treading water for 30-seconds and then swims 25-meters without stopping or touching the bottom of the pool. A non-swimmer is anyone who cannot pass the swim test.
- Non-swimmers under 50-inches must be accompanied by an adult or guardian while in the pool. The adult or guardian must be physically in the pool within an arm's reach of the child.

Pool Rules & Policies

The following pool rules and policies are established to ensure all personnel enjoy a safe, healthy swimming experience. Personnel who fail to follow pool policies or lifeguard instructions, may be prohibited from entering pool areas for a period of a few minutes to permanent expulsion if behavior is not corrected.

- Each swimmer must wear a color-coded wrist band to validate authorization to utilize the pool. The wrist band will be issued at the customer service desk in the fitness center.
- All swimmers will shower before entering the pool.
- Swimmers must wear appropriate swimming apparel (e.g., no cut-off shorts).
- Swimming is not permitted unless a lifeguard is on duty.
- Only bottled water from a plastic container may be consumed in the pool area. Food and glass containers are prohibited in any pool area.
- Persons with evidence of communicable disease, illness, and/or open cuts and sores are not permitted in the pool.
- Foot gear (shoes, thongs, etc.) will be limited on the pool deck. Shower shoes are permitted in the shower area.
- Use of chewing gum or tobacco products is prohibited in the pool area.
- Swimmers who do not pass the lifeguard swim test will be required to remain in the shallow area of the pool.
- Only one person at a time will be permitted on the diving board. The diving area must be clear before the next individual is allowed on the diving board.
- Running, shoving, dunking, splashing, tag, or other forms of horse-play are not permitted in the pool area.
- Diving from the side of the pool is permitted in water depth of over 5 feet only.
- All injuries will be reported immediately to the lifeguard on duty.
- Pets are not permitted in the swimming pool area.
- Music, other than played over the public address system, is not permitted in the pool area.
- Whistles, other than ones used by lifeguards, are not permitted.
- Personnel are advised to leave such items as billfolds, rings, etc. at home or secured in lockers in shower areas.
- All profanity, improper gesturing, and loud behavior are prohibited. Parents and guardians are required to remove children from the swimming pool area rather than continually correct them so other patrons may swim without distractions.

Indoor swimming pool fees do not include access to the Fitness Center or the outdoor swimming pool.

The outdoor swimming pool, as a seasonal facility,

Lunch Time Swim – 1130-1300 Monday – Friday:

\$2.00 non-member fee.

is operated by hiring additional lifeguard staff.

Fees collected for using the outdoor swimming pool pays for the additional staff to operate this pool.

Indoor pool members wanting to use the outdoor pool will be accessed an additional fee to use both pools.

Membership Fees (Outdoor Pool)

CATEGORY	INDIVIDUAL	FAMILY
	Month /Season	Month / Season
Military and their Family Members & Retirees in Grades E1-E4	\$40.00/\$80.00	\$50.00/\$100.00
DOD Civilians in Grades GS1-GS6 & family members	\$40.00/\$80.00	\$50.00 /\$100.00
Military and their Family Members & Retirees in Grades E5-E6	\$50.00/\$100.00	\$60.00/\$120.00
DOD Civilians in Grades GS7-11 & family members	\$50.00/\$100.00	\$60.00/\$120.00
Military and their Family Members & Retirees in Grades E7-E9 & O1-O3	\$60.00/\$120.00	\$70.00/\$140.00
Military and their Family Members & Retirees in Grades O4 & above	\$75.00/\$150.00	\$85.00/\$170.00

DOD Civilians (GS12 & above) & all others*	\$100.00/\$200.00	\$110.00/\$220.00
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*All Others: Authorized Non-DOD Civilians Working on Fort Detrick & their Family members, including employees from the National Institutes of Health (NHI) Frederick, National Cancer Institute (NCI), U.S. Department of Agriculture (USDA), and contractors assigned to these agencies.

Daily Admission: \$4.00 (Guests must be accompanied by their sponsor)

Children under (3) years of age: Free

Outdoor swimming pool passes may be obtained at the CPT Jennifer J. Shafer Odom Fitness Center, Building 1507, Monday through Friday, 0900-1600, or at the outdoor swimming pool during pre-season and regular operating hours.

Outdoor swimming pool fees do not include access to the CPT Jennifer J. Shafer Odom Fitness Center or indoor swimming pool.

Classes

Indoor Pool: Swim lessons will be announced on flyers in the Captain Jennifer J. Shafer Odom Fitness Center and by e-mail.

Outdoor Pool: Swim lessons will be announced on flyers in the Captain Jennifer J. Shafer Odom Fitness Center, by e-mail, and will be published in the Fort Detrick's Quarterly Wellbeing magazine.

Swim lessons provided by trained, certified instructors are available at nominal cost to authorized patrons. Please contact the Sports Director for further information.

Competitive Team Sports

Authorized patrons are encouraged to contact the Sports Director regarding competitive team events or training needs (e.g., swim teams, synchronized swim, springboard diving).

Fort Detrick MWR staffs will announce plans to establish team training and competitions in the near future.